

**What’s The 411?**

# An exclusive interview with some of fashions biggest icons, and the media’s most influential: Trya Banks, Nicole Scherzinger, & Victoria Beckham. These ladies open up about the severity of eating disorders and their personal stories and experiences.

**You ladies all have been in and out of the media, how do you all feel about eating disorders and how they are portrayed by media?**

**Trya:** I feel like sometimes the fashion industry can be a very negative influence on young girls. They are more concerned with the look of models instead of the health of models. So sometimes we do see models with eating disorders on runways.

**Nicole:** I can completely agree with Trya. However, it’s not just the fashion industry, it’s the industry period. I was in music for years, and eating disorders weren’t really people’s concerns it’s all about the product.

**Victoria:** I definitely feel like eating disorders aren’t a concern of the media; they want to sell us on something. They show what they believe is appealing and not what is realistic. When I was in Spice Girls I wasn’t trying to show the world my flaws I had millions of young girls that looked up to me. My job was to give them what they wanted.

**Have any of you suffered from an eating disorder? If so how did you overcome it?**

**Trya:** I did not. Although, when I used to model I went from a size four to about a six. During that time I was not pleasing to the designers. I was told I was fat and it was completely discouraging. I felt so insecure I cried to my mom, and I know I could not have gotten through without her.

**Nicole:** I battled with Bulimia disorder for 8 years. That was a time where I was so confused with myself. I was hurting, I was singing lead in these groups surrounded by a bunch of girls but I still felt alone. I was so insecure and I was disgusted with myself. I was a victim and my disorder was defeating me. I get over my illness every day. I now can reach out and help other girls that are battling with this. Recovery is a process and mine didn’t start until I got over my embarrassment.

**Victoria:** It took me years to come clean, but I did suffer from an eating disorder. For me it started when I was in the Spice Girls. The girls and I were told we all needed to slim down; I grew obsessed with my body. At first I was unaware of the severity of my illness; I thought I needed to look good for the group. Like Nicole it was a long road to my recovery, but I worked hard and I eventually came too. Now I eat very healthy I try to take good care of myself. I hope to help others do the same.

**Do you think the media promotes some positive aspects of beauty, health and fitness to young girls?**

**Trya:** The media has the ability to promote anything. A positive stand that I am so proud to talk about is Vouge’s pledge to not work with models with eating disorders. I believe it’s a step at trying to prevent the disorders.

**Nicole:** There are so many influential people in the media that are standing up against the disorders. Lady Gaga and Demi Lovato they are huge role models and they’re coming out and talking about the issues. There are plenty of beautiful healthy and curvy women in the industry that love their bodies.

**Victoria:** There are things in the media that help promote healthy living. Books and talk shows like Dr.Oz that talk about healthy living. I believe viewers need to look at the more positive things in the media because they’re definitely there.

**Do you all have any advice for the young girls that look up to you?**

**Trya:** Embrace your body and embrace your beauty. Everyone comes and different shapes and sizes and that a beautiful thing. Love your curves.

**Nicole**: You have to love yourself. Understand that everything is not what it seems. Others will truly see your beauty if you uphold it.

**Victoria:** We have to understand that people are different. Some people are naturally thin and some are naturally curvy. It’s about being healthy. Try to eat healthy, exercise, take care of yourself. Eating disorders are terrifying and no one should have to experience that.